Dear [Social Worker's Name],

I hope this message finds you well. I am writing to express my heartfelt gratitude for the invaluable support and guidance you have provided during a challenging time in my life.

Your compassion, understanding, and expertise have made a significant difference, and I truly appreciate the time and effort you dedicated to helping me navigate my situation. Your encouragement and insights empowered me to make positive changes and move forward.

Thank you once again for being such a caring and dedicated social worker. I am truly grateful for everything you have done for me.

Sincerely,

[Your Name]

[Your Contact Information]